

Brightlingsea Urban District Council.

REPORT


OF THE

Medical Officer of Health,
FOR THE YEAR 1907.

Brightlingsea :

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1908.



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[PRIVATE.]

BRIGHTLINGSEA,

January 28th, 1908.

TO THE
BRIGHTLINGSEA URBAN DISTRICT COUNCIL

MR. CHAIRMAN AND GENTLEMEN,

I have the honour to submit to you my report for 1907, together with the tables required by the Local Government Board and the Home Office.

Population.

The estimated population is 4,888; the estimated yearly increase being 62. The natural increase (*i.e.*, excess of births over deaths is 28). It is probable that the estimated population is in excess of the real.

Mortality.

The number of deaths occurring in the District is 68 against 49 last year; and by adding 7 deaths of those belonging to the District occurring in institutions beyond, the corrected number, 75, is obtained, against 51 last year. As suicide accounts for 1 death and accident for 1 death, the deaths in the District from disease and old age number 66.

There were 5 deaths from the 7 principal zymotic diseases, giving a death rate of .97. The deaths from Phthisis were 2.

Infant Mortality.

This death rate (deaths under 1 year of age per 1,000 births registered) is 104, against 21.6 last year.

The death rates do not compare at all well with those of last year, but the latter were phenomenally low. A fairer standard is the average death rate of the 10 years, 1897—1906, as shown in Table I., where it will be seen that the death rate for 1907 are a little higher than the average. The increase is greatest in the infant mortality, and here the sources of error pointed out in last year's report explain to a large extent the difference. Four children only managed to survive their birth a few days, and died, not because of disease or insanitary surroundings, but because they had not sufficient vitality (see Table V.).

Births and Birth Rate.

The births this year are 96, an increase of 4 over last year's figure, but when the number of deaths of infants under 1 year is deducted in both, the numbers are 86 and 90 respectively. Another example of a higher birth rate being accompanied by a higher infant mortality rate and *vice versa*.

Infectious Disease.

Enteric or Typhoid Fever.

Two isolated cases occurred during the year. There was no spreading of the disease from either of them. The source in each case could not be traced. The sanitary surroundings were good. Both recovered.

Scarlet Fever.

Three mild isolated cases were notified and all recovered.

Diphtheria.

An epidemic occurred early in the year. The incidence of the cases was as follows :—

January	7
February	10
March	5
April	2
May	3
Total			27

One family had 4 cases following one another over a period of 5 weeks. 1 family had 4 cases, 3 appearing at once, and the fourth case being the mother who nursed them. 1 family had 4 cases, 2 appearing close together, the third case being the mother who nursed them. The fourth case in this family appeared after an interval of 2 months, clearly a fresh infection. 1 family had 2 cases following each other. 12 families had one case each. When the cases occur in a family all at the same time, it is fair to assume that they are infected from a common source and that outside the family, while when in an isolated family they follow the first case at intervals, it is reasonable to suppose that the succeeding cases were infected from the previous case, and that the isolation among the members of that family was not good.

Bacteriological examination of the throats of the convalescents and the rest of the same family were made in 6 families, to ascertain the presence or absence of infection, so that, if necessary, the children could be kept from school. The results are given below in tabular form :—

Family.		Persons having had Diphtheria, found infectious.		Persons having had Diphtheria, found non-infectious.		Persons not having had Diphtheria, found infectious.		Persons not having had Diphtheria, found non-infectious.
1.	...	1	...	0	...	1	...	0
2.	...	1	...	2	...	0	...	3
3.	...	0	...	0	...	1	...	5
4.	...	1	...	0	...	0	...	7
5.	...	0	...	1	...	0	...	4
6.	...	1	...	0	...	0	...	6
Total	...	4		3		2		25

None of the throats were examined until several days after all sign of disease had disappeared. In the ordinary way, these people would have been allowed to mix with the general public, yet 6 of them were capable of giving the disease to those with whom they came in contact. Such an examination, desirable as it is, cannot be insisted on, and so several cases were not examined because of opposition to the examination, though no reasonable objection was, nor could be made.

Antitoxin was used in some of the cases as a preventative and curative, but it was not supplied by the District Council.

The increase in the number of cases early in February was rapid, and as they occurred among scholars at the Wesleyan School, on February 4th, I made a recommendation to the District Council that that School should be closed, and the necessary order was made by two members of the Council

The School was closed in the first instance for two weeks, but subsequently the time was extended to 3 weeks. Before the School was re-opened, all pencils, pens, and paint brushes that had been used were burnt; all slates washed with Formic Aldehyde and the buildings disinfected with Formalin vapour. The decline in the number of cases among these school children following the school closure was kept up after the re-opening. While the Wesleyan School was closed, an application was made by the Chairman of the Managers and the Headmaster of the National School that that School should be closed also. Full inquiry was made, and I decided that there was no ground on which I could base a recommendation to the Council to order that School to be closed, for the following reasons:—

1. No notifications of Diphtheria or other notifiable disease among children attending that School had been received.
2. On inquiry, no evidence was found of non-notifiable infectious disease among the children attending that School.
3. Closing the National School would give the National School children increased facilities for playing with, and so of contracting Diphtheria from the children of the closed Wesleyan School.

In fact, none of the conditions necessary for closure of the School as laid down in the Local Government Memorandum on School Closure was present.

Erysipelas.

One notification of Erysipelas and 2 of "Facial Erysipelas" were received. The latter 2 cases being non-infectious, had no disinfectants supplied, so they were no further expense to the Council than the fees paid for notification.

The tent isolation hospital has not been used during the year.

Infectious Disease generally and Disinfection.

On receipt of a notification of an infectious disease, the house where the patient resides is visited, inquiry as to the origin is made, a paper of instruction given, and, if necessary, further verbal instruction; an inspection of the premises is made, and, if necessary, the Inspector makes an examination of the drains, etc.

Disinfectants are supplied free by the Council, both during the illness and for the subsequent disinfection at the end of the case. The disinfectants in use are Formic Aldehyde, Chloride of Lime, and Formalin vapour. In some instances, a Formalin spray disinfectant would be of great value.

Paupers.

184 received medical attendance under the Poor Law. 11 paupers died, including 5 in the Union Workhouse.

Sewage Works, Sewers, and disposal of House Refuse.

Except in the case of a few houses and cottages (fitted with pail closets or cesspools) which are in the rural part of the District, tank water-closets and slop water-closets are used. The general cleanliness and satisfactory working of the latter is a tribute to the cleanliness and care of the householders rather than to any virtue of the slop water-closet. The house drains are connected with the main sewers, which discharge in the sewage works, conducted on the Alumino-ferric system. These consist of a mixing tank, settling tank, and storage tank for the effluent. The effluent is stored until it can be discharged into the ebb tide, which is done within two hours of high water. In this way, the effluent is carried directly out to sea, as was proved by experiment by Dr. Bulstrode before these works were made. The effluent is quite clear, free from suspended matter, and unpleasant odour. The sludge is pumped into frames to dry, and is then carted on to agricultural land. The sludge cannot be considered odourless, and it is this causes the smell sometimes complained of.

The house drains are in nearly every case comparatively new and in good condition. They are kept well flushed. Most of the sewers are comparatively new. One old sewer, which has had a bad reputation for some time, has been replaced by a new sewer. The condition in which the old one was found, was an ample justification for the new one. The sewers have been kept well flushed, but smells have arisen from them at times. There is not sufficient ventilation for them, and more ventilators are required. The difficulty is finding places where they will be effectual as ventilators and yet not a nuisance.

The house refuse is removed by a contractor, and the work is well done. Covering for the refuse carts has been provided, which is an improvement.

Pollution of Rivers, Streams, &c.

Under this heading it may be said that there are no rivers nor streams in the District to be polluted. The arm of the sea known as Brightlingsea Creek is carefully preserved from pollution. No sewage, public or private, is now allowed to pass into the Creek.

No manure is allowed to be loaded or unloaded on the public landing place, known as the Hard. In such a place some manure would be certain to fall on to the Hard and be washed into the Creek by the next tide.

Water Supply.

The house and cottages in the rural part of the District have their own wells. The urban part is supplied by a constant service from the Council's Waterworks. The works consists of 2 bores extending upwards of 200 feet into the chalk, from which the water is pumped into a storage tank.

The water is ample in quantity and of excellent quality, its only disadvantage being its hardness.

The water has been analysed from time to time, but there is no periodical examination. This would be well worth the small expense involved.

Places over which the Council has supervision.

Slaughter Houses.

These are controlled by Bye-Laws adopted by the Council, are regularly visited and kept in good order.

Dairies, Cowsheds, and Milkshops.

These are under the Dairies, Cowsheds, and Milkshops Milkshops Order and are regularly inspected.

The Dairies and Milkshops are kept very clean and with one exception the water supply is good. The exception is a dairy getting its water from a surface well having the water level a few feet from the ground and with a cattle yard pond within 20 yards of it and at a higher level. An unsuccessful attempt to have this altered was made in 1905 as detailed in the report for that year.

The Cowsheds are kept clean and show a higher standard of cleanness than in the past.

The most important point of keeping the milk supply free from disease-carrying dirt is cleanness of the milker's hands, and is the most difficult to ensure. The order says, they shall be clean, but does not enforce the provision of facilities for washing the hands in the milking shed, and yet the hands cannot be properly clean unless the washing takes place in the milking shed.

It is not always the dairies nor milkshops that are in fault when disease follows the consumption of milk. It may be infected after it has passed into the purchaser's possession.

Workshops and Factories Act, 1901.

The tables which will be found at the end of this report give the chief information necessary.

There are no factories nor workshops in the District employing more than 40 hands. All the workshops are small, and the majority are only workshops in name. Many have no sanitary convenience, but as they have the occupier's house, or a public convenience close by, the deficiency is not real.

One case of deficiency, noted in the last report, has been remedied.

Special attention is paid to the Bakehouses, which have all been visited and found satisfactory during the year.

One new workshop has been built during the year, and the opportunity was taken to see that the plans were according to the provisions of the Act.

Out-workers.

The Homework is carried on under healthy conditions. The sanitation of the houses is good, there is no overcrowding, and the cleanliness of the houses is of a high standard.

In 2 instances, notice of the existence of Scarlet Fever in houses where homework was done, was sent to the employer and work prohibited to be given out, in accordance with sec. 109 of the Act.

The number of workers given in the Table is far in excess of the actual number, as many names appear on more than one list, some on as many as four.

Public Elementary Schools.

There was an outbreak of Diphtheria among the school children, an account of which will be found under the head of Infectious Diseases.

There was not the slightest evidence that the outbreak was caused by the condition of the Schools.

The sanitary conveniences of the schools are good ; the water supply is from the public mains. The schools are kept clean according to the ordinary standard of cleanliness, but that standard is not high enough for an elementary school. In view of legislation, which will be in force in 1908, it will be better not to make any recommendation at present.

When Diphtheria, Membranous Croup, or Scarlet Fever, is notified in a family having children attending school, notice is sent to the head teacher prohibiting the attendance of any child of that household attending school for a specified period, or until certified as free from infection. In certain cases the same course is pursued in notifications of Typhoid Fever and Erysipelas.

In case of the non-notifiable infectious diseases, the school teachers are supplied with forms to be filled up by the teacher, stating name, address, of child affected and disease, and to be sent to the M.O.H. who can deal with the case as above. There has not been much use made of these certificates by the teachers during the past year.

Bye-Laws and Adoptive Acts.

Bye-Laws are in force dealing with :—

New streets and buildings. Nuisances. Slaughter-houses.

Regulations for preventing waste, misuse, or contamination of water.

Where applicable, opportunity is taken to prevent breach of above when plans for new buildings are submitted for approval.

In other instances, offences against these bye-laws are dealt with as they arise.

The Infectious Disease Prevention Act and the Public Health Amendment Act, parts I., II., III., IV., and V. are in force in the District.

The Notification of Births Act was considered by the Council and it was decided that having consideration to all the circumstances of the District there was no necessity for, nor advantage in the adoption of the Act.

House Accommodation.

There is no lack of suitable houses at reasonable rents. No action has been taken, nor is needed under the Housing of the Working Classes Act. There are ample open spaces about the houses allowing plenty of fresh air and sunlight. The surroundings are clean; no deposits of filth taking place near to houses, and there are only a very few streets which are not made up.

Chief Industries.

These are yachting, fishing, oyster culture, and allied industries.

The principal sanitary improvements effected during the year are :—

1. The new sewer in Wellington Street.
2. Making up of roads in the "Park."
3. Provision of covering for the refuse carts.

The County Council have tarred portion of the main roads, which will prove a sanitary advantage.

Improvements still required :—

1. Provision of a Formalin spray apparatus for disinfecting purpose.
2. Power to insist on provision of washing utensils and materials in cowsheds.
3. Better ventilation for the sewers.
4. The provision of Anti-toxin for Diphtheria.

The following notes on the physical features of the District are given to comply with the Local Government Board's requirements :—

The District is a peninsula joining the mainland on the North; two arms of the estuary of the river Colne forming the water boundaries. It consists of a table land surrounded by low lying marshes of alluvial soil on London Clay. The higher part is sand and gravel. The town is built on the sand and gravel, except a few houses near to the waterside which are alluvium. The Town faces due South, and is sheltered from the North winds by the higher ground behind it.

I have the honour to be

Mr. Chairman and Gentlemen,

Your obedient servant,

E. P. DICKIN,

Medical Officer of Health.

TABLE I.

BRIGHTLINGSEA URBAN DISTRICT.

Vital Statistics of Whole District during 1907 and previous Years.

Year.	Population estimated to middle of each year.	Births.		Total Deaths regist'd				Total Deaths in Public Institutions in the District.	Deaths of non-residents in Public Institutions in Dist.	Deaths of residents in Public Institutions beyond District.	Net deaths at all ages	
		Number.	Rate	Under 1 yr		At all ages					Number.	Rate.
				Number.	Rate per 1,000 births registered	Number.	Rate.*					
1897	4238	132	31	5	38	50	11·7			3	53	12·5
1898	4295	118	17·4	11	93	54	12·5			1	55	12·8
1899	4352	110	25·4	11	100	74	17·			2	76	17·4
1900	4409	130	29·3	16	123	47	10·8			2	49	11·3
1901	4516	107	23·6	8	74	51	11·4			6	57	12·6
1902	4578	116	25·3	13	112	65	14·			3	68	14·8
1903	4640	112	24·1	12	107	58	12·5			4	62	13·3
1904	4702	104	22	8	76	52	11·			8	60	12·
1905	4764	102	21·4	8	78	57	11·9			5	62	13·
1906	4826	92	19	2	21·6	49	12·5			2	51	10·5
Averages for years, 1897-1906.	4532	112	23·8	9·4	82	55	12·			3·6	69·	13·
1907	4888	96	19·8	10	104	68	13·5			7	75	18·8

*Rates in Columns 4, 8, and 13 calculated per 1,000 of estimated population.

NOTE.—The deaths to be included in Column 7 of this Table are the whole of those registered during the year as having actually occurred within the district or division. The deaths to be included in Column 12 are the number in Column 7, corrected by the subtraction of the number in Column 10 and the addition of the number in Column 11.

By the term "Non-residents" is meant persons brought into the district on account of sickness or infirmity, and dying in public institutions there; and by the term "Residents" is meant persons who have been taken out of the district on account of sickness or infirmity, and have died in public institutions elsewhere.

The "Public institutions" to be taken into account for the purposes of these Tables are those into which persons are habitually received on account of sickness or infirmity, such as hospitals, workhouses and lunatic asylums. A list of the institutions in respect of the deaths in which corrections have been made should be given on the back of this Table.

Area of District in acres (exclusive of area covered by water, 2,873.

Total population at all ages at Census of 1901, 4,501.

Number of inhabited houses at Census of 1901, 1,104.

Average number of persons per house, at Census of 1901, 4·07.

Institutions within the District receiving sick and infirm persons from outside the District.—None.

Institutions outside the District receiving sick and infirm persons from the District.—Tendring Hundred Union Workhouse.

Other Institutions, the deaths in which have been distributed among the several localities in the District.—None.

Is the Union Workhouse within the District?—No.

TABLE III.

BRIGHTLINGSEA URBAN DISTRICT.

Cases of Infectious Disease notified during the Year 1907.

Notifiable Disease.	Cases notified in whole District. At Ages—Years.						
	At all Ages.	Under 1	1 to 5	5 to 15	15 to 25	25 to 65	65 and up- wards
Small-pox							
Cholera							
Diphtheria (including Membranous croup	27		3	21	1	2	
Erysipelas	3					2	1
Scarlet Fever	3		2	1			
Typhus Fever							
Enteric Fever	2			1	1		
Relapsing Fever							
Continued Fever							
Puerperal Fever							
Plague							
Totals	35		5	23	2	4	1

Isolation Hospital—Tent.

TABLE IV.

BRIGHTLINGSEA URBAN DISTRICT.

Causes of, and Ages at, Death during the Year 1907.

Causes of Death.			Deaths at the subjoined ages of "Residents" whether occurring in or beyond the District.						
			All ages	Under 1 year	1 and under 5	5 and under 15	15 and under 25	25 and under 65	65 and upwards
Small-pox							
Measles							
Scarlet Fever							
Whooping-cough							
Diphtheria & Membranous croup			3			3			
Croup							
Fever	{	Typhus	...						
		Enteric	...						
		Other continued	...						
Epidemic influenza		...							
Cholera							
Plague							
Diarrhœa	2	2					
Enteritis							
Puerperal Fever							
Erysipelas							
Other septic diseases	1			1			
Phthisis, pulmonary tuberculosis			2					2	
Other tubercular diseases	1			1			
Cancer, malignant disease	3					2	1
Bronchitis	5	1				2	2
Pneumonia							
Pleurisy							
Other diseases of Respiratory organs	4	1	2			1	
Alcoholism—Cirrhosis of liver									
Venereal diseases							
Premature birth	1	1					
Diseases and accidents of parturition	1					1	
Heart diseases	7		1			2	4
Accidents	1						1
Suicides	1					1	
Old age	13						13
All other causes	30	6	1	2	1	10	10
All causes	75	11	4	7	1	21	31

TABLE V.

BRIGHTLINGSEA URBAN DISTRICT.

Infantile Mortality during the Year 1907.

Deaths from stated Causes in Weeks and Months under One Year of Age

Cause of Death.		Under 1 week.	1-2 weeks.	2-3 weeks.	3-4 weeks.	Total under 1 month.	1-2 months.	2-3 months.	3-4 months.	4-5 months.	5-6 months.	6-7 months.	7-8 months.	8-9 months.	9-10 months.	10-11 months.	11-12 months.	Total Deaths under 1 year.
All Causes.	{ Certified ... Uncertified ...	4		1				1	1			2	1				1	11
Common Infectious Diseases.	{ Small-pox ... Chicken-pox ... Measles ... Scarlet Fever ... Diphtheria : Croup ... Whooping Cough ...																	
Diarrhœal Diseases.	{ Diarrhœa all forms ... Enteritis, Muco-enteritis, Gastro-enteritis.. Gastritis, Gastro-intestinal catarrh									1			1					2
Wasting Diseases.	{ Premature Birth ... Congenital Defects ... Injury at Birth ... Want of Breast-milk, Starvation ... Atrophy, Debility, Marasmus ...				1	1		1										1 1 4
Tuberculous Diseases.	{ Tuberculous Meningitis Tuberculous Peritonitis Tabes Mesenterica ... Other Tuberculous Diseases																	
	Erysipelas ... Syphilis .. Rickets ... Meningitis (<i>not Tuberculous</i>) Convulsions ... Bronchitis .. Laryngitis ... Pneumonia ... Suffocation, overlying Other Causes ...												1				1 1 1	
		4			1	5		1	1			2	1				1	11

Popoulation estimated to middle of 1907, 4,888.

Birth in the year, 96. Deaths in the year, 11.

Deaths from all causes at all ages, 85.

BRIGHTLINGSEA URBAN DISTRICT.

Factories, Workshops, Laundries, Workplaces, and Homework.

1.—INSPECTION.

Including Inspections made by Sanitary Inspectors or Inspectors of Nuisances.

<i>Premises.</i>	<i>Inspections.</i>	<i>Number of Written Notices.</i>	<i>Prose- cutions.</i>
Factories (including Factory Laundries) ...	1	0	0
Workshops (including Workshop Laundries) ...	36	0	0
Workplaces (other than Outworkers' premises included in Part 3 of this Report) ...	0	0	0
Total ...	37	0	0

2.—DEFECTS FOUND.

<i>Particulars.</i>	<i>Found.</i>	<i>Number of Defects Referred to H.M. Inspector. Reme- died.</i>	<i>No. of Prose- cutions.</i>
<i>Nuisances under the Public Health Acts :—</i>			
Want of cleanliness ...	0	0	0
Want of ventilation ...	0	0	0
Overcrowding ...	0	0	0
Want of drainage of floors ...	0	0	0
Other nuisances ...	0	0	0
Sanitary accommodation insufficient ...	1	1	0
" " unsuitable or defective ...	0	0	0
" " not separate for sexes ...	0	0	0
<i>Sec. 22, Public Health Acts Amendment Act, 1890 in force.</i>			
<i>Offences under the Factory and Workshop Act :—</i>			
Illegal occupation of underground bakehouse (s. 101) ...	0	0	0
Breach of special sanitary requirements for bakehouses (ss. 97 to 100) ...	0	0	0
Other offences (excluding offences relating to outwork which are included in Part 3 of this Report) ...	0	0	0
Total ...	1	1	0

3.—HOME WORK.

Nature of Work.*	Outworkers' Lists, Section 107.										Outwork in Unwholesome Premises, Section 108.			Outwork in Infected Premises, Sections 109, 110.		
	Lists received from employers Twice in year		Once in year		Prosecutions		Inspections of Outworkers' Premises.			Instances.	Notices served.	Prosecutions	Instances.	Orders made S. 110.	Prosecutions Sections 109, 110.	
	Outworkers†		Outworkers†		Failing to keep or permit inspection of lists.		Failing to send lists.									
	Con- tractors	Work- men	Con- tractors	Work- men	Addresses of Out- workers received from Councils.	Addresses of Out- workers forwarded to Councils.	Addresses of Out- workers received from Councils.	Addresses of Out- workers forwarded to Councils.								
Wearing Apparel— Making &c. ...	2	0	206	2	0	7	35	0	0	0	75	0	0	0	0	

* If an occupier gives out work of more than one of the classes specified in column 1, and subdivides his list in such a way as to show the number of workers in each class of work, the list should be included among those in column 2 (or 5 as the case may be) against the principal class *only*, but the outworkers should be assigned in columns 3 and 4 (or 6 and 7) into their respective classes. A footnote should be added to show that this has been done.

† The figures required in columns 2, 3 and 4 are the *total* number of lists (received from employers who sent them both in February and August as required by the Act) and of the entries of names of outworkers in those lists. They will, therefore, usually be double of the number of such employers and (approximately) double of the number of individual outworkers whose names are given, since in the February and August lists of the same employer the same outworker's name will often be repeated.

4.—REGISTERED WORKSHOPS.

Workshops on the Register (s. 131) at the end of the year :—

Workshop Bakehouses	13
Domestic Workshops (excluding domestic workshop bakehouses	...					20
Other Workshops	22
Total number of Workshops on Register						57

5.—OTHER MATTERS.

Matters notified to H.M. Inspector of Factories :—

Failure to affix Abstract of the Factory and Workshop Act (s. 133)	0
Action taken in matters referred by H.M. Inspector as remediable under the Public Health Acts, but not under the Factory and Workshop Act, s. 5)	1
Notified by H.M. Inspector	1
Reports (of action taken) sent to H.M. Inspector	...
Other	...

Underground Bakehouses (s. 101) —

Certificates granted during the year	0
In use at the end of the year	0

January 28th, 1908.

(Signature) E. P. DICKIN,

Medical Officer of Health.

**Summary of Work done through the Sanitary Inspector
in the Urban Sanitary District of Brightlingsea, during
the year ending December 31st, 1907.**

Complaints received	16
Nuisances detected without complaint	60
Nuisances abated	76
Notices served	4
Cottages inspected	370
Slaughter-houses inspected	7
Bakehouses inspected	13
Houses erected or re-built for which Water "Certificates" were applied	8
"Certificates granted	8
Houses connected with sewers	8
Houses connected with water mains	8
Privies and W.C.'s repaired ; W.C.'s supplied with water	11

(Signed) A. J. ALDOUS.

